



Vampire Facial/Micro-Needling Pre and Post Care

Pre-treatment instructions:

1. Sun exposure and or usage of a tanning bed, including self-tanning products must be avoided for a minimum of 1 week before and after your visit. Treatment within 24 hours of prolonged sun exposure (natural sunlight, artificial tanning booth, or sunless tanning products) may result in hypopigmentation (white spots) or hyperpigmentation (dark spots) that may not clear for several months, or may even be permanent. Microneedling treatment will not be administered on sunburned skin.
2. Area to be treated must be clean, and free of any lotion, make-up, and sunscreen. If you have any of these on, they must be completely washed off prior to treatment.
3. Accutane and any other photosensitizing medication should be discontinued for a period of at least 6 months prior to receiving treatment and should not be used during your course of treatment.
4. No area to be treated should receive any type of Chemical Peel for 2 weeks prior and after treatment.
5. Retinol products must not be used 1 week prior to and after treatment.
6. Waxing and or use of chemical depilatories must be avoided for 2 weeks prior and after the treatment. Shaving is allowed immediately before treatment and 48 to 72 hours after treatment as long as there is no skin irritation.
7. You may not be pregnant during this treatment.
8. Notify the provider of any tattoos, including cosmetic tattooing, in the vicinity of the area to be treated as tattoos must be avoided.
9. If you have a history of cold sores, we may recommend prophylactic antiviral therapy in the form of Valtrex or Acyclovir. If so, follow the directions provided.
10. During the course of your treatments, notify our staff of any changes to your medical history, health status or personal activities that may be relevant to your treatment.

Post- Treatment Instructions:

1. **A sunburn-like effect is normal for 1-3 days.** You may look and feel sunburned after the treatment. Severity of redness will depend on how aggressive the treatment was performed. The skin may feel tight, dry, swollen, and sensitive to the



touch. The treated area may appear darker and the darkened skin may flake off within 1 week. Avoid picking or exfoliating the area and allow old skin to flake off naturally.

2. After care Products and Regimen: Wash the treated area gently twice a day with a gentle cleanser. Apply a soothing, healing moisturizer often as needed for the first 3 days.

3. Sun Exposure must be avoided for at least 24 hours after your treatment, preferable 1-2 weeks. If you know you will get incidental sun exposure, i.e. driving to and from work, walking from your car to the house, etc. we recommend physical avoidance of the sun in all treated areas, a protective hat and a full spectrum Sunscreen of SPF 30 or higher.

4. Do not use exfoliating medications, chemicals, or products on the treated areas for at least 1 week.

5. No exercise that causes sweating, Jacuzzi, sauna or steam baths if any skin irritation exists.

6. Advil or Tylenol may be taken as necessary for discomfort. Ice packs may be used if desired to minimize swelling.

7. Sleep on your back with your head elevated slightly to reduce swelling.

8. It is recommended that make-up should not be applied for 12 hours after the procedure.

9. For best results and efficacy, we recommend a series of 3-4 treatments administered at 2-4 week intervals. You may notice immediate as well as long term improvements in your skin.

If you have any questions or concerns, please feel free to contact us at 816-359-3310.